

**MEDICAL RECORD -- SUPPLEMENTAL MEDICAL DATA**

For use of this form, see AR 40-400; the proponent agency is the Office of the Surgeon General.

<b>REPORT TITLE</b>		<b>OTSG APPROVED (Date)</b>	
<b>PRESCRIPTION FORM -- HEALTH PROMOTION/ OUTCOMES MANAGEMENT/HOW'S YOUR HEALTH</b>			
1. Name (Last, First, Middle)	2. Sponsor's SSN	3. Daytime phone number	4. Evening phone number
5. Diagnosis		6. You have been referred to the following education provider(s) for education and or follow up on:	
<b>7. SPECIALTY NURSE PRACTITIONERS</b> (for appt - see front desk as you leave)			
a. Cervical/Breast	<input type="checkbox"/> Co-manage with primary care manager	<input type="checkbox"/> Manage per clinical practice guidelines	<input type="checkbox"/> Consult only
b. COPD/CHF	<input type="checkbox"/> Co-manage with primary care manager	<input type="checkbox"/> Manage per clinical practice guidelines	<input type="checkbox"/> Consult only
c. CVRR (cardiac)/DM/Stroke	<input type="checkbox"/> Co-manage with primary care manager	<input type="checkbox"/> Manage per clinical practice guidelines	<input type="checkbox"/> Consult only
d. DM (301-677-8333)	<input type="checkbox"/> Co-manage with primary care manager	<input type="checkbox"/> Manage per clinical practice guidelines	<input type="checkbox"/> Consult only
e. Pediatric Asthma	<input type="checkbox"/> Co-manage with primary care manager	<input type="checkbox"/> Manage per clinical practice guidelines	<input type="checkbox"/> Consult only
<b>8. WELLNESS EDUCATION PROVIDERS</b>			
a. Allergy / Immunization RN	(for appt call 301-677-8553)		
b. Clinical Dietitian	(for appt call 301-677-8122, 8434, 8435 or 8421)		
c. Clinical Pharmacist	(for appt call 301-677-8122)		
d. RN Case Manager - Breast Care	(for appt call 301-677-8341)		
e. RN Case Manager - COPD/CHF	(for appt call 301-677-8130)		
f. RN Educator - CVRR (cardiac)/DM/Stroke	(for appt call 301-677-8802 for Red Team or 8516 for White Team)		
g. RN Educator - Pediatric Asthma	(for appt call 301-677-8756)		
h. RN Patient Care Coordinator - Adult	(for appt call 301-677-8318)		
i. RN Patient Care Coordinator - Pediatric	(for appt call 301-677-8756)		
<b>9. COMMUNITY HEALTH NURSING</b>			
a. Childhood Lead referrals	(for appt call 301-677-8434, 8435 or 8122)		
b. Community Health Consultant issues	(for appt call 301-677-8434, 8435 or 8122)		
c. Disease Surveillance and Epidemiology	(submit Standard Form 513)		
d. Exceptional Family Member Program (EFMP)	(for appt call 301-677-8434, 8435 or 8122)		
e. Travel Clinic (family members only)	(for appt call 301-677-8434, 8435 or 8122)		
<b>10. EDUCATION PROGRAMS</b>			
a. Asthma for Pediatrics	(for appt call 301-677-8421, 8122 or 8435)		
b. Back Pain Class	(for appt call 301-677-8245)		
c. Childbirth Class	(for appt call 301-677-8421, 8122 or 8435)		
d. Diabetic Self-Management Education Program	(for appt call 301-677-8421, 8122 or 8435)		
e. Lipid Clinic	(for appt call 301-677-8122, 8421 or 8435)		
f. Managing Your Hypertension Class	(for appt call 301-677-8122, 8421 or 8435)		
g. "Over the Counter" (OTC) Wellness / Health Promotion Class	(for appt call 301-677-8421, 8122 or 8435)		
h. Running Shoe Class	(for appt call 301-677-8245)		
i. Tobacco Cessation	(for appt call 301-677-8421, 8122 or 8435)		
j. Weight Control and Management	(for appt call 301-677-8421, 8122 or 8435)		
k. Video viewing:			
<b>11. OTHER SERVICES</b>			
a. Army Community Service	(call 301-677-5590 or 3586)		
b. Behavioral / Mental Health	(active duty personnel: walk-in clinic) (dependents: *consult)		
c. Chaplain	(for appt call 301-677-8618)		
d. Civilian Counseling Service EAS	(for appt call 301-677-8545)		
e. Gaffney Fitness Center	(walk-in or call 301-677-3867 or 3716)		
f. Pain Management	(*consult to appropriate specialty clinic at Walter Reed)		
g. Substance Abuse Rehabilitation Clinic (SARC)	(active duty: *consult) (dependents: see 11d above)		
h. Social Work	(*consult or self-refer)		
* If a consult is required, you must call Sierra Military Health Services at 1-888-999-5195 for an appointment.			

(Continue on reverse)

<b>PREPARED BY (Signature &amp; Title)</b>	<b>DEPARTMENT/SERVICE/CLINIC</b>	<b>DATE</b>
PATIENT'S IDENTIFICATION (For typed or written entries give: Name--last, first, middle; grade; date; hospital or medical facility)		
<div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> HISTORY/PHYSICAL   <input type="checkbox"/> OTHER EXAMINATION OR EVALUATION   <input type="checkbox"/> DIAGNOSTIC STUDIES   <input type="checkbox"/> TREATMENT         </div> <div> <input type="checkbox"/> FLOW CHART   <input type="checkbox"/> OTHER (Specify)         </div> </div>		

## **Brief Description of Services:**

**Cervical/Breast NP** - Well women care to include PAPs and breast exams.

**COPD/CHF NP** - Co-management/education of individuals with COPD/CHF.

**CVRR (cardiac)/DM/Stoke NP** - Multi-faceted co-management/education.

**DM NP** - Co-management and education for individuals with diabetes.

**Pediatric Asthma NP** - Chronic and acute co-management/education for children with asthma and their families, spirometry.

**Allergy/Immunization RN** - Basic allergy/immunization services and education.

**Clinical Dietitian** - Disease specific and weight management individual and group education/counseling.

**Clinical Pharmacist** - Individuals on multiple medications, beginning new complex drug regimens or currently having difficulty with managing medications, especially those with asthma, CHF, COPD, CVRR, DM, or stoke.

**RN Case Manager/Breast Care** - Counseling/support and resource coordination for newly diagnosed breast cancer individuals, individuals needing biopsy or receiving breast cancer therapies, and breast cancer survivors needing follow-up; teaching of breast self-exam techniques.

**RN Case Manager/COPD/CHF** - Counseling/support and resource coordination for individuals with COPD/CHF; spirometry, pulmonary function evaluation.

**RN Educator/CVRR/DM/Stoke** - Basic disease management education and life-style modification, glucometer and insulin teaching.

**RN Educator/Pediatric Asthma** - Basic disease management education and life-style modification, peak flow meter usage, asthma diary and action plan, and inhaler use.

**RN Patient Care Coordinators/Adult and Pediatric** - Individuals needing any chronic disease education, assistance scheduling tests, procedures, and appointments, ordering medical equipment.

**Childhood Lead Referrals** - Consultant for children with lead levels >14mcg/dL, monitors lead levels, provides lead education, conducts home environmental assessment as needed. Children with lead levels 10-14 mcg/dL followed by pediatric case manager.

**Community Health Consultant Issues** - Conduct home inspection/consultation for issues of child health safety such as accidental medication ingestion, breast feeding, support, support of postpartum moms discharge after premature births.

**Disease Surveillance and Epidemiology** - Investigation and follow-up to individuals exposed to Tricare and Maryland State reportable medical events (HIV/STD/communicable diseases). Troop/community classes on these events are available upon request.

**Exceptional Family Member Program (EFMP)** - Assists military families with enrollment issues, resource coordination, assignment coordination and Family Member medical screening for travel outside the continental United States (OCONUS) and to remote locations.

**Travel Clinic** - counseling, information, and prescriptions regarding immunizations required for overseas travel.

**Asthma for Pediatrics** - Review long-term asthma management, to include pathophysiology, triggers, and medication use.

**Back Pain Class** - Intended to instruct people in anatomy, common problems, lifting techniques and changes in activities of daily living to minimize or prevent low back pain.

**Childbirth Class** - assist the mother-to-be and her coach in understanding the physical and emotional changes that occur during pregnancy/labor and facilitating the transition to parenthood (6 sessions).

**Diabetic Self-Management Education Program** - WRHCS class which provides clients with basic understanding of diabetic concepts for self-care and glucose management (4 sessions).

**Lipid Clinic** - Evaluation and treatment of individuals with elevated cholesterol, treatment includes dietary education and medication as needed.

**Managing Your Hypertension Class** - Multi-disciplinary team teaching of hypertension, life-style changes, diet, and medications. **"Over the Counter" (OTC) Wellness/Health Promotion Class** - Addresses life-style/behavior tools for health promotion and disease prevention; provides OTC privileges at the pharmacy.

**Running Shoe Class** - Help find the correct running shoe for individual foot types.

**Tobacco Cessation** - Designed to empower all that desire to break their addiction to tobacco products - for life! Enrollment and attendance required to receive Zyban (4 sessions).

**Weight Control and Management** - Provides strategies and techniques for weight loss and management. Includes types of food to eat, how much, when to eat, fad diets, supplements, exercise basics and goal setting. Mandatory for anyone on the Army Weight Control program.